

# Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



Vol. 49, No. 7

www.laughlin.af.mil

Feb. 23, 2001

## the inside Scoop

### Ethnic history:

Border Eagle editor explains why Americans should take time to recognize ethnic observances like Black History Month...

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### Article 15 actions:

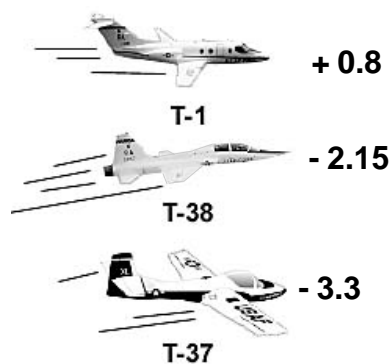
Article 15 actions taken at Laughlin from June until December 2000 are listed...

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### Mission status

(As of Feb. 20)

Days ahead(+) or behind(-)



Fiscal Year 2001 statistics

--Sorties flown: 23,907  
--Hours flown: 35,780.5  
--Pilot wings earned in FY 01: 115  
--Wings earned since 1963: 11,823

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## Laughlin members' talent recognized as best in AF

By Airman 1st Class  
Brad Pettit

Editor

A Laughlin member and his family were recently awarded the 2000 Air Force Family and Teen Talent Contest award for their puppet performance during last year's base talent show.

Senior Master Sgt. Joey Walker, 47th Mission Support Squadron; his wife Andrea; daughters Naomi, 16, Rebekah, 13; and son Josiah, 8; won the award after Air Force Services Agency members saw a videotape of their performance.

Sergeant Walker has always had a love for puppets, growing up a huge fan the Muppets. While in fourth grade, one of his teachers required class members to make light-bulb puppets. From then on Sergeant Walker performed home puppet shows for his family. In sixth grade, he performed for second graders. And as a senior in high school, he performed a puppet rendition of Macbeth.

"The most rewarding thing about puppet shows is knowing folks are enjoying watching the show," said Sergeant Walker. "It is great when the adrenaline is flowing and you're excited about what you are doing. As the puppet moves, it becomes alive. It is easy to get caught up in the show."

The past 15 years have been used by Sergeant Walker to hone his skills and perform in shows all over the world, including Air Amistad 2000. "We are



Photo by Airman 1st Class Brad Pettit

Senior Master Sgt. Joey Walker and his family pose with a few of their favorite puppets during a practice session at the Fiesta Center Wednesday.

doing this for the community," explained Sergeant Walker. "We do not perform in talent shows to win, but to put something out there for the community to enjoy. To be recognized for something you love doing is wonderful!"

The majority of his puppet shows consist of 30-minute skits, complete with songs and live interaction between puppets and the audience. More than 50 different props and puppets are used in each scripted show. "I buy puppets at festivals to use in the shows," said Sergeant Walker. "I would make them if I could, but I'm only good with my hands when it comes to using the puppets."

Sergeant Walker has used his skills to perform for several worthy and interesting causes. He and his family have performed for handicapped children in Washington D.C. and hospital-

ized children at Wilford Hall Medical Center. In addition, they have performed for the White House Communications Agency, base youth centers, libraries, Air Force Honor Guard, Senior Noncommissioned Officer Academy, Girl Scouts of America and a Turkish Orphanage.

According to Sergeant Walker, all his success is due to the support of his family and his enormous enthusiasm for the world of puppeteering. "I could not do it without my family. My love for this started when I was very young, and as my children got older they started helping me. It has continued to grow from there."

The award winning performance of Sergeant Walker and his family is currently being judged against winners from other competitions by the National Boys and Girls Clubs of America Talent Search. The winners will go on to represent their organization at an April 7 conference in New York.

*"As the puppet moves, it becomes alive. It is easy to get caught up in the show."*

# Commanders' Corner

## What does the IG do?: It's important to know how system works

By Lt. Col. Barbara Stewart

47th Flying Training Wing IG

Writing the commanders' corner for this week is bittersweet because it will be my last article for the Border Eagle, as I bid auf wiedersehen to Laughlin and fly off to Ramstein Germany to go back into my old career field. My replacement, Lt. Col. Peter Godwin, is set to arrive here in July.

Just because I'm leaving and my replacement hasn't arrived doesn't mean that Laughlin personnel will be without an inspector general, however. Laughlin's alternate IG is Lt. Col. Robert Seaberg. He'll be the one to carry on the IG work here after I've left. Lt. Col. Seaberg is not new to the IG field. He worked in the IG office at Kadena Air Base and has been to the IG school in Washington DC. Also, in his role as the alternate IG, he has filled in during my absences to ensure your questions and concerns are answered.

As I prepare to leave, this is probably a good time to remind Laughlin members and personnel of just what the IG system does and how it works.

As I explained when I first arrived, the IG system should be a person's last step in trying to resolve concerns. One's first step should be to go to his or her supervisor, first sergeant or commander to see if they can help. Oftentimes, they can solve a person's problem in just a few minutes. The re-

ality is the chain of command can help solve problems, but first they have to be aware there is a problem, so communicate with them and let them know what is going on. For those concerned with perceived discrimination or unequal treatment, military members can talk to the Military Equal Opportunity Office, and civilians can consult with the Equal Opportunity Office.

Although the IG prefers a person to work problems through his or her chain of command, the IG system is always available. It is not a requirement to go through the chain of command, either.

*"Although the IG prefers a person to work problems through his or her chain of command, the IG system is always available."*

For those concerned with fraud, waste or abuse, make an appointment to see me, or anonymously call the FWA hotline at 298-4170. Please understand, when making an anonymous call, it is not possible to call back two days later to ask what occurred.

For those wanting to know what occurs on an FWA call, leave your name and number when calling in the FWA. Then I will get

back to you with the answer. By AFI, I cannot give out any information to anyone outside the IG chain on anonymous calls.

The IG system handles various types of concerns, but 95 percent of the people who come to any IG office, do not have an "IG" complaint, they just don't know who else to talk to. So, the majority of people I talk to get referred to other places

**See 'IG,' page 5**

## Why we should celebrate Black History Month

By Airman 1st Class Brad Pettit

Editor

Man has struggled with himself throughout recorded history. He has warred against his neighbor in the name of religion and economy. He has drawn his sword against the neck of his brother for water, food and land. These wars continue today, and amid this fighting another war is being fought on American soil. This war is for the recognition of all Americans.

Black History Month, celebrated throughout the month of February, is an observance that calls us to note the achievements and contributions made by African Americans. These contributions are many. For example, Garrett Morgan invented the traffic light and gas mask. George Washington Carver revolutionized agriculture in the early 20th century. Dr. Charles Drew developed the first blood banks. And rodeo fans may be interested in knowing that a Texan by the name of Bill Pickett invented steer wrestling. The list goes on and on, but the fact remains that many people today know nothing about these or other great African Americans. By observing Black History Month, we are fighting for the recognition of men and women who have played a major role in the advancement and growth of American civilization.

The first major battle in the war for the recognition of African Americans began with Abraham Lincoln signing the Emancipation Proclamation. Following this, America plunged headlong into the Civil War – pitting brother against brother – with one side

**See 'Observance,' page 5**

Col. Jack Egginton

Commander

Capt. Angela O'Connell

Public affairs officer

Airman 1st Class Brad Pettit

Editor

The Border Eagle is published every Friday, except the first week in January and the last week in December, by the Del Rio News Herald, a private firm in no way connected with the U. S. Air Force, under exclusive written contract with the 47th Flying Training Wing, Laughlin Air Force Base, Texas.

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indicated.

### Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, Ext. 5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be E-mailed to: [bradley.pettit@laughlin.af.mil](mailto:bradley.pettit@laughlin.af.mil) or [reginald.woodruff@laughlin.af.mil](mailto:reginald.woodruff@laughlin.af.mil)

**"Excellence – not our goal, but our standard."**

– 47 FTW motto

# Tricare health care line now available

When the holiday season is over, and family and friends have gone, most people start to make those important resolutions for the New Year. Decisions like exercise more, lose weight or kick a smoking habit. However, many times people end up failing because they are not armed with all the information needed to succeed. The Tricare Health Care Information Line may offer some help in these areas and more.

The HCIL is a free, 24-hour health information line available (via the phone or the web) to all Region 6 beneficiaries. When a person calls the HCIL, he or she will have the option to listen to one of over 500 recorded health topics through the AudioHealth Library(r) or even speak directly to a nurse. People can get tips on how to stay healthy, take care of a problem at home or find out when it is best to see a doctor. The more information people have about health will help them gain control of conditions that may arise and those they would like to change.

To use the AudioHealth Library(r) on the HCIL, a person will first do the following:

- Review an HCIL directory to find the topic he or she wants to learn more about.
- Call the HCIL at 1-800-611-2875 (more detailed features on how to use the AudioHealth Library(r) are located within the HCIL Directory).

Another great source to tap is the Internet. Visit the HCIL online at [www.pha-online.com/hcil/](http://www.pha-online.com/hcil/). A person can get questions answered by guest doctors and clinical professionals, receive exercise tips, join chat rooms to participate in discussions and get educated on a variety of health issues from kicking the smoking habit and losing weight to discussions on battling diseases and ailments of all kinds.

People having some health concerns that may require them to see a doctor or seek a home remedy may want to talk to a nurse. To do this, call the HCIL at 800-611-2875 then press 2.

The nurses are supported by a computerized

database that places a wealth of information right at their fingertips. So, when a person or his family members are sick, the nurse can help evaluate symptoms and decide what to do. Please remember that the HCIL is an advice line and cannot refer or authorize care. A HCIL nurse, however, may direct a person to a health care finder (a Tricare nurse) who can refer a person to inpatient or outpatient care.

Whether listening to a recorded message, surfing the net or talking with a registered nurse, a person can get the health care information needed to make informed decisions that may help he or she start living a healthier lifestyle. The HCIL is available to provide health care information when it is needed – anytime, 24 hours a day, seven days a week.

No consumer information provided through the AudioHealth Library(r) takes precedence over established Department of Defense or Military Department policies.

(Courtesy Foundation Health Federal Services)

## Laughlin Article 15 actions

Below are the Article 15 actions released by Laughlin's legal office. The Article 15 actions took place between June and December of 2000.

Punishment for similar offenses may vary depending on the nature of the offense and record of the servicemember. The actions:

- A second lieutenant received a forfeiture of \$500 pay for two months and a reprimand for being drunk and disorderly.

- A second lieutenant re-

ceived 30 days restriction to Laughlin and a reprimand for disorderly conduct.

- An airman first class received a suspended reduction to the rank of airman (E2) for failure to go.

- An airman received 30 days extra duty for disobeying a lawful order.

- An airman first class was reduced to the rank airman (E2) and received 10 days extra duty for failure to go.

- An airman first class was reduced to the rank of airman (E2) and received 10

days extra duty for insubordinate conduct toward a senior noncommissioned officer.

- A senior airman was reduced to the rank of airman first class and received 25 days extra duty for failure to obey a lawful order.

- An airman first was reduced to the rank of airman and received 10 days extra duty for failure to go.

- An airman first class received a reduction to the grade of airman (E2) and

See 'Art 15,' page 8

## New program allows use of Tuition Assistance, GI Bill

A new education program now offers servicemembers the chance to use the Montgomery GI Bill to cover the remaining 25 percent of tuition costs not covered by the Tuition Assistance program.

The VA Top-Up program allows servicemembers eligible for the Montgomery GI Bill to receive Tuition Assistance and the MGIB for the same course, where previously that was not a possibility.

This program is retroactive to courses starting on or after Oct. 30, 2000.

For eligibility criteria, or for more information regarding the program, call the Education Services Flight at 5545 or stop by Bldg. 316, Monday through Friday, from 7:30 a.m. to 4:30 p.m.

## Actionline

Call 298-5351

personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation and I look forward to reading some quality ideas and suggestions.

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely per-



Col. Jack Egginton  
47 FTW commander

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Inspector General	298-5638
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Equal Opportunity	298-5400
FWA hotline	298-4170

## Safety belts save lives – so buckle up!



Photo by Airman 1st Class Brad Pettit

### I promise to defend...

Staff Sgt. Charles Schaer, 47th Communications Squadron takes the re-enlistment oath with Col. Herbert Foret, 47th Flying Training Wing vice commander, officiating. Other enlistees during the month of February are Staff Sgt. Jeffery Herdon, 47th Aeromedical Dental Squadron, Senior Airman Catherine Muzzio, 47th Security Forces Squadron, and Staff Sgt. Michelle Vega, 47th Medical Support Squadron.

## **‘IG,’ from page 2**

to get their concern handled or their questions answered.

It is the job of the IG to listen to everyone who enters his or her office and then help that person get the information he or she needs to answer a concern.

The easiest way to determine if a concern will become an IG investigation, is

to determine if there is an appeal process already available for the concern. If AFIs delineate an appeal process one needs to go through the appeal process before the IG can get involved. This does not mean a person can’t talk to the IG about the concern?

It just means I can’t do an investigation until after the appeal process has been used,

and it can be proven that the process was flawed in some way. If there is no appeal process already available, then come in and discuss a concern and the IG can make a determination as to what can be done.

Those civilian employees having complaint deals with discrimination, reprisal or the work environment, need to

talk to the Civilian Personnel Office.

For those uncertain about a concern after March 23, just call the IG at 298-5632 (that is Lt. Col. Seaberg’s direct number) make an appointment and come in to talk. One may also call 298-5638 (the IG number) and leave a message. Lt. Col. Seaberg will

check that line daily after my departure to ensure that all questions and concerns are answered.

I’ve enjoyed my time here at Laughlin and have enjoyed working with and meeting everyone. Good luck to you all in carrying out the wing’s mission of “Training the World’s BEST pilots!”

## **‘Observance,’ from page 2**

fighting to maintain slavery and the other warring to end it. Since these defining moments, the war has been raging for the recognition of African Americans. Some names of recent fighters in this war are Dr. Martin Luther King, Jr.; Roy Wilkins; A. Philip Randolph; Rosa Parks; and Madam C.J. Walker. These men and women, and many more like them, fought against laws and beliefs that attempted to prevent the advancement of black men and women in this country. These men and women fought hard on the frontlines of the war for the recognition of all Americans.

National religions and shared ancestry are the common bonds that tie many countries together. However, America does not have the benefit of these binding forces. Our languages are varied, our religions are different, and our cultures are like night and day. America, as a nation, is woven from the threads of almost every nationality, language and religion on earth. For this reason, our flag means so much to us. It is a unifying symbol that we can all look at with pride and respect. Though the American Flag is a beautiful representation of our freedom and individuality, it is only a symbol. To truly have a United States, we must first have united Americans.

Although America does not share the common bonds other countries do, we can solidify and strengthen our nation by recognizing all nationalities that live within the confines of our borders. Black History Month, along with all other ethnic observances, does just that. By learning about the cultures and great members of every race, we learn more about ourselves as Americans. By fighting in the war for recognition, we become better Americans, more in tune with our fellow brothers and sisters.

Black History Month is an important part of the war effort for recognition. Together, as a nation, we should all learn about and recognize other races. By doing this, we can only grow stronger and the war’s end will draw closer. The end of the war is the goal. The end of the war means we have finally learned to live with one another, truly understanding the roles all people play in the American story. Let us continue to fight the war until it is won. Celebrate Black History Month!

received 10 days extra duty for violating a lawful order and for failure to go.

Enlisted punishments

Punish-ment	Imposed by lieutenant or captain	Imposed by a major	Imposed by a lieutenant colonel or above
Additional restrictions	May not impose nonjudicial punishment on chief master sergeant or senior master sergeant	May not impose NJP on a chief master sergeant of senior master sergeant	See Note 2 for reduction of chief master sergeant or senior master sergeant
Correctional custody	Up to seven days	30 days	30 days
Reduction (See Note 2)	Chief master sergeant – No Senior master sergeant – No Master sergeant – No Technical sergeant – No Staff sergeant. – One grade Senior airman – One grade Airman 1st class – One grade Airman – One grade	CMSgt – No SMSgt – No MSgt – No TSgt – One grade SSgt – One grade SrA – To airman basic A1C – To airman basic Airman – To airman basic	CMSgt – Note 2 SMSgt – Note 2 MSgt – One grade TSgt – One grade SSgt – One grade SrA – To airman basic A1C – To airman basic Airman – To airman basic
Forfeiture	Seven days pay	1/2 of one month’s pay per month for two months	1/2 of one month’s pay per month for 2 months
Reprimand	Yes	Yes	Yes
Restriction	14 days	60 days	60 days
Extra du-ties	14 days	45 days	45 days

Notes:  
1. See MCM, part V, paragraph 5d for further limitations on combinations of punishments.  
2. CMSgt or SMSgt may be reduced one grade MAJCOM commanders, CINCs, or commanders to whom promotion authority has been delegated. See AFI 36-2502, Promotion of Airmen (formerly AFR 39-29).  
3. Bread and water and diminished rations punishments are not authorized.  
4. Frocked commanders may exercise only that authority associated with their actual pay grade. No authority is conferred by the frocked grade.

Officer punishments

Punish-ment	Imposed by colonel	Imposed byGCMCA or general officer
Correctional custody	No	No
Reduction	No	No
Forfeiture	No	1/2 of one month’s pay for two months
Reprimand	Yes	Yes
Arrest in quarters	No	30 days
Restriction	30 days	60 days
Extra duties	No	No

Notes:  
1. Officers in the grade of lieutenant colonel and below (includes frocked colonels) may not impose NJP on an officer.  
2. Only MAJCOM commanders, unified CINCs, equivalent, or higher may impose NJP on general officers.  
3. See MCM, part V, paragraph 5d, for further limitations on combinations of punishments.  
AETC POLICY: All officer nonjudicial punishment actions will be imposed by the first general officer in the offender’s chain of command. At Laughlin, it would be Maj. Gen. Polk.



From the Blotter  
(Feb. 10-16)



■ An individual reported a child had broken the plexiglass at the bus stop next to the Youth Center. A monitoring camera recorded the act. The tape was turned over to security forces investigations. The estimated cost of damages is unknown.

■ Security forces patrolmen responded to the enlisted dorms after a loud music complaint was received. The offender was contacted and complied with the request to turn the music down.

■ An individual reported several juveniles in the Enlisted dorms knocking on doors then running away. Security forces detained seven individuals and turned them over to their parents.

■ Two base facilities were found unsecured by Security Forces Patrols. The custodians were re-called and secured the facilities after a check of the inside was conducted.

■ Four individuals requested assistance in gaining access to their vehicles after locking the keys inside. Security

forces gained access without damage.

■ A suspected illegal alien was found walking around the base by an off duty noncommissioned officer. The individual had jumped the fence and became lost. He was turned over to the Border Patrol.

**Tips of the week:**

■ Ensure children are aware that parents are responsible for their actions while on the installation. Security forces will detain juveniles and notify parents and civil authorities should they violate any civil or military law.

■ Pet owners in base housing facilities must ensure they are providing care for their animals. A person may lose his or her animal if it is determined he or she is not taking care of it properly. Complaints of mistreatment of animals should be reported to the individual’s first sergeant or commander first.

**Note:** Dogs must be on a leash when walking within the housing areas. Voice control is not a substitute.

Please recycle this newspaper.



# Chapel Schedule

### Catholic

- Saturday Vigil Mass 5 p.m.
- Sunday Mass 9:30 a.m.
- Confession by appointment.
- Choir 6 p.m. Thursdays.
- CCD 11 a.m., Religious Education Building.
- Little Rock Scripture Study 11 a.m. Sunday in Chapel Fellowship Hall.

### Jewish

Max Stool, call 775-4519.

### Muslim

Dr. Mostafa Salama, call 768-9200.

### Protestant

- General worship 11 a.m.
  - Women’s Bible Study, 12:30-2:15 p.m. Wednesday at Chapel.
  - Student Wives’ Fellowship 7-9 p.m. Monday; call 298-7365.
  - Sunday school, 9:30 a.m. at the Religious Education Bldg.
  - Choir, 7 p.m. Wednesday at Chapel
- ### Chapel Youth Group
- Sunday, 5 p.m. Chapel Fellowship Hall

## Chapel staff

### Chaplains

- Lt. Col. Jeffery Swanson
- Maj. Frank Hamilton
- Capt. Larry Bailey
- Capt. Richard Black

### Chaplains’ Assistants

- Tech. Sgt. Donald Williams
- Senior Airman Diana Beauvais
- Airman 1st Class Christina Deutsch

“God loves you and we do too.”

For more information on chapel events and services, call 5111.

# The XLer



2nd Lt. Robert Altemus  
47th Support Group

**Hometown:** Clearfield, Pa. years.

**Family:** Wife, Amy; daughters, Courtney, 3, and Kayla, 2.

**Time at Laughlin:** 1 year, 7 months.

**Time in service:** 10

**Name one way to improve life at Laughlin:** Attitude! Attitude! You can make anywhere better with the right attitude.

**Greatest accomplishment:** Arriving where I am today: a

beautiful family, the best job in the Air Force and a wonderful relationship with Jesus Christ.

**Bad habit:** Who, me?

**Motto:** Take care of your people and they will take care of you.

**Favorite beverage:** Water.

**Favorite food:** Pasta.

**Hobbies:** Everything under the sun.

**If you could spend one hour with any person, who would it be and why?** Dr. James Dobson. He is a man who has dedicated his life to making other people’s lives better. He challenges individuals to take a hard look at where they have been, where they are now, and where they desire to go.

# Where are they now?

**Name:** Capt. Mike Freimuth.

**Class/Date of graduation from Laughlin:** Class 93-12, July 1993.

**Aircraft you now fly and base you are stationed at:** T-37 Pilot Instructor Training, Randolph AFB.

**Mission of your current aircraft?** Flight commander, pilot instructor training for the T-37.

**What do you like most about your current aircraft?** Maneuverable.

**What do you dislike most about your current aircraft?** No air conditioning on 105 degree days.

**What was the most important thing you learned at Laughlin besides learning to fly?** Flying and learning about importance of teamwork from my classmates.

**What is your most memorable experience from Laughlin?** A T-37 initial solo in the pattern!

**What advice would you give SUPT students at Laughlin?** Work hard, take charge of your training, don’t forget you are an officer, not just a pilot.

# African American actress: *Hattie McDaniel*

Hattie McDaniel, born June 10, 1895, in Wichita, Kan., was spiritual singer and accomplished actress.

She worked as a singer with Professor George Morrison's Orchestra in 1915, touring the country. She became the first African American to sing on network radio in the United States.

In 1931, she went to Hollywood to seek a film career and began as an extra before capturing larger roles. When work was not available, she hired herself out as a domestic, a cook, or a washerwoman.

In 1932, Hi-hat Hattie (her nickname), made her movie debut in "The Golden West." She then appeared in a number of movies, including "Saratoga", where she sang with Clark Gable. Then she read Margaret Mitchell's novel and was fascinated by the role of Mammy. "I naturally felt I could create in it something unique," said McDaniel.

When Gone With the



Wind premiered in December of 1939, many of the stars were present for its unveiling. But none of the African American performers had been invited to join the party in still-segregated Atlanta.

But her recognition was yet to come at the Twelfth Annual Academy Awards Presentation Dinner Feb. 29, 1940. Along with fellow cast member Olivia DeHavilland, Hi-hat-Hattie had been nominated for Best Supporting Actress. By far the loudest ovation of the evening went to Hattie McDaniel as she won the Oscar, and became the first African American performer to win one.



[www.af.mil/newspaper](http://www.af.mil/newspaper)

Friday, your newspaper. Wednesday, this newspaper.





# Eating right paves way for healthy heart

By Staff Sgt. Jenny Ruiz

Health and Wellness Center

**M**aking healthy food choices is quite a challenge these days. Food and nutrient information, nutrition recommendations and dietary guidelines can help people make smart decisions about the foods to eat. However, because nutrition information can become confusing, one of the best ways to ensure "top notch" nutrition is to make healthy eating a habit.

Exercise is one of the important factors for a healthy heart. Along with that, eating fewer high-fat, high-cholesterol foods and watching calories are important steps to a healthier diet and a healthier heart. It's never too early or too late in life to develop healthy eating habits. What people eat, when they eat and how much they eat can endanger their hearts or help protect them.

The average American consumes too much cholesterol every day. Most Americans eat anywhere between 600-900 milligrams of cholesterol per day. This should be limited to about 300 milligrams. Eat fruit, vegetables, whole grains, low-fat dairy products and lean meats. There is no cholesterol in foods of

plant origin such as fruits and veggies. These foods are also economical, nutritious and delicious. Cut down on high-cholesterol foods. These include egg yolks, organ meat (liver, kidneys, sweetbreads, etc.) and shellfish. There's no need to eliminate these foods—just don't eat them too frequently.

Limit your diet to no more than 30 percent of your total calories per

day. Saturated and Unsaturated fats are the two kinds of fat. Saturated fat, found in animal products, can raise blood cholesterol levels. Fats that remain solid at room temperature are saturated fats such as stick butter or margarine, lard, shortening and the fat on meats. Avoid coconut and palm oils commonly found in non-dairy creamers and cocoa — these are also saturated fats. Unsaturated fats may actually lower blood cholesterol levels. They are usually liquid at room temperature. Unsaturated fats can be divided into monounsaturated and polyunsaturated fats. Monounsaturated oils include olive, canola and peanut

oils. Polyunsaturated oils include corn, safflower, sesame and soybean oils.

The following are some tips on health eating that can help trim down one's fat intake.

■ **Eat a variety of healthy foods every day.** Increase your fiber intake such as adding whole grain cereals and breads, fresh fruit and salads to your diet.

■ **Maintain a healthy weight.** About 30 percent of all adult Americans are overweight and the numbers are rising every year. Avoid fad diets. They are hard on your heart and on your health. For lasting

weight loss find a healthy eating plan that you can stick to.

■ **Check nutrition fact labels.** They provide information that can help you make healthy food choices.

■ **Use sugar in moderation.** Sugar does provide "quick energy" but has little or no nutritional value. Too much sugar adds calories and may also contribute to atherosclerosis.

■ **If you use alcohol, do so in mod-**

eration. That means no more than one drink a day if you're a woman and no more than two drinks a day if you're a man. (1 drink equals 12 ounces of beer, 5 ounces of wine or 1 1/2 ounces of liquor.)

■ **Use salt and sodium in moderation.** Limit salt and other sources of sodium to no more than 2400 milligrams per day (about the amount in 1 level teaspoon of salt).

Timing is everything! When you eat can be just as important as what you eat. Be sure to:

■ **Eat breakfast.** You'll have energy when you need it—less craving for snacks later.

■ **Space meals.** Several middle-sized meals are better than "fast and feast."

■ **Avoid nighttime eating.** This is a bad habit. It adds calories when your metabolism has slowed down for the day and interferes with sleep.

■ **Eat slowly.** You'll "feel full" while eating less if you slow down and enjoy meals. It's good for your digestion and blood pressure, too.

So, a well-planned, well-balanced diet can help you maintain a healthy weight, fight atherosclerosis and keep your heart young and healthy. Eating sensibly can add years to your life!

*What people eat, when they eat and how much they eat can endanger their hearts or help protect them.*

## Laughlin history

**Q:** Time-Related Instruction Management replaced a computer system that did not provide timely information and processed information in overnight batches. When was TRIM implemented?

- (a) 1979
- (b) 1984
- (c) 1990

**A:** (b) is correct. Laughlin became the first base to use TRIM on Jan. 16, 1984.

## Pilot awards

The award winners for SUPT Class 01-05 are as follows:

**1st Lt. Douglas M. Sayers**

Daedalian Award

AETC Commander's Trophy—airlift/tanker

Flying Training Award—airlift/tanker

Distinguished Graduate—airlift/tanker

Academic Award—airlift/tanker

**Capt. Andrew D. Loomis**

Academic Award—airlift/tanker

**2nd Lt. Brent W. Deckard**

Academic Award—airlift/tanker

**2nd Lt. John S. Cobb**

Academic Award—fighter/bomber

**2nd Lt. Nicholas B. Evans**

Flying Training Award—fighter/bomber

Distinguished Graduate—fighter/bomber

AETC Commander's Trophy—fighter/bomber

**2nd Lt. Lawrence L. Osiecki II**

Distinguished Graduate—airlift/tanker

**2nd Lt. Katherine E. Burkhead**

Outstanding Officer

## BX hours

The BX's hours of operation starting Monday will be Monday-Saturday, 10 a.m. until 6 p.m. and Sunday, 11 a.m. until 5 p.m.

Burger King's new hours, effective Saturday, will be Monday-Friday, 6:30 a.m. to 10 p.m.; Saturday, 8:30 a.m. to 6:30 p.m., and Sunday, 8:30 a.m. to 5:30 p.m.

For more information, call 298-2111.

## Black history celebration

The Black Heritage Committee will present the 24th annual Black History Celebration at 7 p.m. Saturday at Club XL. Cocktails hour will begin at 6:30 p.m.

The menu will consist of roast beef or baked chicken, with baked potato and mixed vegetables. The price for club members is \$11. For non-club members, the price for tickets is \$14.

Chief Master Sergeant of the Air Force (retired) Thomas N. Barnes will be the guest speaker.

For more information, call 298-5750 or 5020.



Photo by Staff Sgt. Reginal Woodruff

## Student pilot lab

2nd Lt. Damien Ludwick, a 87th Flying Training Squadron student pilot, studies at Laughlin's Computer Aided Instruction lab, which officially opened Wednesday. The CAI lab, located in building 328, gives student pilots a quiet place to

study and access computers with software geared toward pilot training. The lab cost \$375,000 to build and is the first of many projects on base in preparation for the scheduled arrival of the T-6 "Texan II" primary trainer in July 2002.

## Sponsors wanted:

The International Office is in search of families to interact with student pilots from other countries. There are student pilots here from Japan, Italy and Singapore. It is a great opportunity to introduce these international officers to our culture and family life.

If interested, call 2nd Lt. Blane Morgan at 298-5445.

## Tobacco cessation

The next Tobacco Cessation Course begins March 6. Classes will be held Tuesdays at 10 a.m. and 4:30 p.m. in the Health and Wellness Center.

For more information, call Tech. Sgt. Ray Fernandez at 298-6463 or 6464.

## American Legion meeting

The Del Rio/Laughlin American Legion Post #298 will hold its regular meeting Wednesday at 7:30 p.m. at "The Barn" across from Laughlin's Main Gate. Members are asked to bring this year's dues.

Discussion will cover this year's activities and more. Anyone is welcome to attend; active-duty military are eligible for membership.

For more information, call 298-2097.

## Guest sponsorship

Base personnel sponsoring groups of people for special events must supply Security Forces with a typed list 72 hours in advance.

The list must contain the event name, attendees, sponsor's name and a phone number. Failure to supply information will delay the entry of guests.

## College registration

Park University will hold registration for its Spring Term Monday through March 16.

For more information, call 298-5593 or 3061.

## Housing occupants

Base housing residents should notify the family housing office 30-45 days prior to PCSing. PCS orders are not necessary for notification.

Reserve and Guard personnel in military family housing must provide housing office personnel a copy of amendments to extend active-duty service once original orders expire.

Military members renting quarters off base, while awaiting military housing, should keep FHO informed of current duty and home numbers and lease length.

For more information or answers to questions, call 298-5732 or 5733